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# 200-HOUR YOGA PROGRAM

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NETA Yoga School Handbook

7.27.2021



NATIONAL EXERCISE TRAINERS ASSOCIATION



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## SCHOOL INFORMATION

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### SCHOOL OFFICE LOCATION:

12800 Industrial Park Blvd., Suite 220  
Minneapolis, MN 55441-3929  
800.237.6242

### TRAINING LOCATION:

Various locations nationwide; online

### PROGRAM OWNER:

National Exercise Trainers Association (NETA)

### PROGRAM DIRECTOR:

Darci Kruse  
NETA – Director of Education  
darci@netafit.org

### PROGRAM ADVISOR:

Julie Logue, E-RYT 500

### PROGRAM TEACHING STAFF:

Jan Johnson, E-RYT 500; Tiffani Kelly, RYT 200; Ashley Artese, RYT 200; Jennifer Turpin, RYT 200; Sheila Chenier, RYT 200; Angie Schroeder, RYT 200; Deanna Reiter, RYT 200; Eli Barrett, RYT, 200  
Yoga Alliance approved other faculty: Susie Supper; Darci Kruse, DHSc

### PROGRAM SUMMARY

NETA is a Registered Yoga School (RYS) with Yoga Alliance, which designates NETA's teacher training program as one that follows Yoga Alliance's standards. Students who complete NETA's 200-Hour Yoga Teacher Training Program are eligible to register with the Yoga Alliance as a Registered Yoga Teacher (RYT). NETA's Yoga Teacher Training is a weekend modular program, which includes five 2-day certification workshops (100 hours total), five 1-day workshops (50 hours total), a culminating 3-day Advanced Certification for Yoga Teachers (30 hours), and independent home study (20 hours).

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## HISTORY OF THE ORGANIZATION

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Founded in 1977 by Michael Wollman, the National Exercise Trainers Association (NETA) is a non-profit organization and recognized leader in the health and fitness industry.

Originally introduced as the National Dance-Exercise Instructors Training Association (NDEITA), the organization officially changed its name in 2004 to reflect the comprehensive scope of the professional programs we offer. Over the course nearly four decades, NETA has provided career education, training and certification to more than 130,000 fitness professionals and our credentials are now recognized by over 18,000 fitness facilities nationwide.

Today, NETA's Group Exercise Instructor and Personal Trainer certifications are both accredited by the National Commission for Certifying Agencies (NCCA). In fact, NETA is proud to be one of –the select few organizations that have earned NCCA-accreditation for its Group Exercise Instructor certification. This recognition is just another example of our continuing commitment to advance the professional potential of every client and the fitness industry as a whole.

### **Vision Statement:**

NETA's vision is to help our society achieve optimal health facilitated by access to and guidance from a network of well-qualified fitness professionals.

### **Mission Statement**

NETA's mission is to support and inspire the development of well-qualified fitness professionals through the delivery of high-quality educational programs incorporating evidence-based research and practical application. We are committed to guiding fitness professionals throughout their careers by offering affordable, accessible educational opportunities.

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## PROGRAM SUMMARY

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**Choose a schedule that works for you.** NETA's modular training certifications allow students to complete certification at their own pace and at multiple locations, paying as they go. Begin your training with Yoga Foundations, the first required workshop and then take additional training workshops near home, across the country, or mix and match in a completely different way. Your choice.

### **TWO-DAY SPECIALTY CERTIFICATIONS (5X20 HOURS EACH = 100 HOURS)**

1. Yoga Foundations
2. Fitness Yoga
3. Yoga Strong
4. Senior Yoga
5. Intermediate Yoga

### **ONE-DAY SPECIALTY CERTIFICATIONS (5X10 HOURS = 50 HOURS)**

1. Kids Yoga
2. Prenatal Yoga
3. Restorative Yoga
4. Becoming a Yoga Professional
5. Yoga for Special Populations

### **THREE-DAY ADVANCED CERTIFICATION FOR YOGA TEACHERS (30 HOURS)**

### **INDEPENDENT STUDY FOR YOGA PROFESSIONALS (20 HOURS)**

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# 200-HOUR CURRICULUM DESCRIPTIONS & KEY TOPICS

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## TWO-DAY SPECIALTY CERTIFICATIONS

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### YOGA FOUNDATIONS

Our intensive, two-day Yoga Foundations workshop provides hands-on experience in teaching beginner yoga formats through a breakdown of 20 poses focused on alignment, safety, variations and breathing techniques. In addition to the basics of class formatting, you'll discuss yoga history through exploration of the 8 limbs, learn the anatomy and physiology of the nervous and respiratory systems, as well as discover ways to encourage and motivate your participants through verbal refinements and inclusive cuing. This certification will provide two sample beginning yoga classes as well as time for practice teaching under the supervision of an experienced yoga teacher.

#### *KEY TOPICS INCLUDE:*

- In-depth breakdown of 20 basic yoga poses
- Basic Pranayama (breathing)
- The 8 limbs of yoga
- Basic principles of teaching asana-Tell, show, do
- Sample class formats for beginning yoga classes
- Pose categories and beginning sequencing
- Motivational and inspirational cuing
- Participation in two practice classes
- Practice teaching

*YOGA FOUNDATIONS IS THE FIRST REQUIRED CERTIFICATION FOR NETA'S 200-HOUR YOGA TEACHER TRAINING PROGRAM OR IT CAN BE TAKEN AS A STAND-ALONE SPECIALTY CERTIFICATION.*

### FITNESS YOGA

The intensive-two day Fitness Yoga Specialty Certification provides hands-on experience in teaching multi-level flow-based yoga classes in the fitness center environment. Students will learn multiple regressions and progressions of 15 yoga poses, learn anatomy of the muscular and skeletal systems as it relates to asana demonstration, and learn the basic techniques behind sequencing classes for safety and balance. In addition, students will discover ways to better relate to their audience, communicate with their audience, and create their very own vinyasa based flow practice.

#### *KEY TOPICS INCLUDE:*

- In-depth breakdown of 15 yoga poses with multiple adaptations
- Basic anatomy and physiology of the skeletal and muscular systems
- Sequencing and transitions
- Cuing and transformational language
- Styles of learning inventory
- Vinyasa Yoga history and influence
- Participation in two practice classes
- Practice teaching

## YOGA STRONG

Yoga Strong blends power flow yoga with exercise techniques to specifically increase strength and endurance. It offers the discipline of a yoga practice and intensity options similar to a challenging fitness class. Participants in NETA's Yoga Strong Yoga training will learn to teach a multi-level yoga class with multiple intensity variations, a focus on the breath, traditional asana and stretching sequences, and encouragement of mental focus to help maintain yogic integrity. Yoga for strength classes may be structured to include yoga based flow sequences, body-weight exercises, resistance training with hand-held weights, cardiovascular drills, and core focused training. This training will focus on a foundation of hatha yoga infused with basic principles of cardiorespiratory endurance and long holds for increased strength and muscle adaptation.

### KEY TOPICS:

- In-depth breakdown of 15 yoga poses
- Advanced study of muscular, skeletal and cardiorespiratory systems
- Review of the 8 limbs with a focus on doing no harm
- Anatomy and physiology of the core
- Enhancing motivation for practice adherence
- Class format and sequencing for strength based yoga class
- Cuing and leadership to create an inclusive environment
- Participation in two practice classes
- Practice teaching

## SENIOR YOGA

NETA's Senior Yoga Specialty Certification will prepare instructors to lead dynamic, yet safe yoga classes for an aging population. Participants will spend time in hands-on practice of poses with chair adaptations, learn the basics of teaching techniques for chronic conditions and injury prevention, as well as discuss the physiological effects of aging, using props, and introducing meditation to your classes.

### KEY TOPICS:

- In-depth practice of 20 Yoga Poses with chair adaptations
- Compression and tension for range of motion improvement
- Chronic conditions and injury prevention
- Introduction to meditation
- Participation in two practice classes
- Practice teaching

## INTERMEDIATE YOGA

Take your teaching to the next level with NETA's Intermediate Yoga Specialty Certification. Learn to safely introduce intermediate and advanced poses, provide hands on assists and discover ways to fine-tune your alignment cues. Participants will have the opportunity to plan and lead a mini-class, practice intermediate postures, and dig deep into yoga history and philosophy. Please note, there are **required readings** prior to taking this training, see page 14.

### KEY TOPICS:

- In-depth practice of 15 intermediate yoga postures
- Basics of teaching inversions and arm balances
- The chakra system
- The art of hands on assists
- Bhagavad Gita
- Alignment refinement: Loops, spirals and bhandas
- Participation in two practice classes
- Practice teaching



## ADVANCED CERTIFICATION FOR YOGA TEACHERS (3 DAYS)

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In NETA's Advanced Certification for Yoga Teachers, participants will apply learning from the 200-hour training program to practice teaching, skills assessments, final projects and a cumulative final exam. This course serves as the final preparatory step for teachers wishing to apply for Yoga Alliance registration. Participants can expect to dig even deeper into anatomy and physiology, cuing and leadership, as well as yoga history and philosophy. Please note, there are **required readings** prior to taking this training, see page 14.

### *KEY TOPICS INCLUDE:*

- Class design and presentations
- Elective presentations
- Participation in two practice classes
- Anatomy and Physiology of the fascial system
- Seva: The Yoga of Service
- Nada Yoga: Chanting and Mantra
- Basic principles of Ayurveda
- Intermediate assists for yoga teachers
- Yoga history and philosophy: The sutras, Gita and the 8 limbed path
- One-day Specialty certifications

## ONE-DAY SPECIALTY CERTIFICATIONS

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### YOGA FOR KIDS

NETA's Yoga for Kids workshop is a fun, interactive and educational experience. This kids' yoga training is designed to help yoga teachers and fitness professionals create an easy bridge to adapting classes to a younger audience. This training will provide an overview of child development, hands-on practice in storytelling and teaching, as well as address ways to creatively and effectively manage a class of young practitioners.

### *KEY TOPICS INCLUDE:*

- In-depth breakdown of 10 yoga poses with multiple adaptations
- Anatomy and Physiology of child development
- Stories and tools for working with kids
- Design your own kids yoga adventure
- Participation in one practice class
- Practice teaching

## PRENATAL YOGA

In this training, instructor's will learn the basic techniques necessary to adapt their traditional yoga classes to be safe and effective for expecting participants. This workshop provides an in-depth look at the anatomy and physiology of pregnancy, provides hands on practice of a sample prenatal yoga class, and gives the opportunity for each instructor the opportunity to practice teach a series of poses pose adaptations. Learn to more effectively use props and design classes that are safe and comfortable for every participants.

### *KEY TOPICS INCLUDE:*

- Anatomy and Physiology of pregnancy
- Pose adaptations and contraindications for pregnancy
- Class design for prenatal yoga
- Participation in one practice class
- Practice teaching

## RESTORATIVE YOGA

Restorative yoga is a way to experience true relaxation. As stress and tension are released, healing and upliftment are promoted in body, mind, and spirit. In this workshop, participants will learn a series of restorative yoga poses, learn modifications and prop variations needed for students with special conditions, practice Yoga Nidra, and participate in hands-on teaching sessions.

### *KEY TOPICS INCLUDE:*

- In-depth practice of 10 restorative yoga poses
- Anatomy and Physiology of the respiratory system
- Using props such as blocks, straps, and blankets
- Yoga Nidra: the Yoga of sleep
- Participation in one practice class
- Practice teaching

## BECOMING A YOGA PROFESSIONAL

NETA's innovative Becoming a Yoga Professional goes beyond the fundamentals of leading a classes by discusses topics that everyone approaching yoga as a business opportunity should know. Instructors will learn to manage difficult situations and relationships, discover ways to better connect as a yoga coach, as well as discover ways to market themselves and earn income. Find your unique voice and put it to use by becoming a yoga professional.

### *KEY TOPICS INCLUDE:*

- Ethics of Yoga
- Finding your voice as a teacher
- Business of Yoga
- Liability, scope of practice and risk management
- Building relationships to enhance motivation
- Effective Marketing Strategies-Establishing a brand
- Participation in one practice class
- Practice teaching

## YOGA FOR SPECIAL POPULATIONS

Yoga is for everybody. With NETA's Yoga for Special Populations workshop, instructors will take an in-depth look at creating an open environment, teaching to students with special needs, and learn ways to help every individual meet their goal in a group setting through a coaching approach. Explore pose adaptations, specialty class themes, and learn ways to make every individual feel comfortable in your class environment.

### *KEY TOPICS INCLUDE:*

- Yoga for Disability and Special Needs: The person not the pose
- Trauma informed yoga
- Teaching individuals in a group setting: the yoga coach approach
- Participation in one practice class
- Practice teaching

## INDEPENDENT STUDY FOR YOGA PROFESSIONALS (20 HOURS)

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- Specialty project: 10-hour project with presentation during the Advanced Certification for Yoga Teachers workshop (10 hours)
- 4 written class observations (5 hours)
- Nada Yoga observation, research, and presentation (5 hours)

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## PROGRAM INFORMATION

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Participants may complete any of NETA's in-person workshops in any order prior to applying for admissions to the 200-hour certification program (with the exception that Yoga Foundations must be taken first and the three day Advanced Certification must be taken last). Upon completing all in-person, online, and home study requirements, students will be awarded a certificate of completion and have the opportunity to apply for registration with the Yoga Alliance.

In order to complete NETA's 200-Hour Teacher Training Program, the potential student must meet the following requirements:

- Be at least 18 years of age
- Complete the application for admissions
- Submit the application fee (nonrefundable after 3 days)
- Submit a statement of reference from a certified yoga teacher (from a yoga program of at least 200 hours of yoga teaching instruction) about your yoga practice and their opinion of your suitability to attend a rigorous yoga training program are required.

### ADVANCED STANDING

The National Exercise Trainers Association (NETA) does not offer advanced standing for any previous training. However, NETA will grandfather in the live two-day Yoga Specialty Certification in lieu of Yoga Foundations; therefore, Yoga Foundations will not need to be repeated by those who hold a valid NETA Yoga Specialty Certification that was earned via the live workshop. NETA's Yoga Specialty Certification earned via home study will *not* be accepted in lieu of Yoga Foundations.

### NONDISCRIMINATION POLICY

NETA does not discriminate on the basis of age, gender, marital status, national or ethnic origin, sexual orientation, color, race, or religion.

### ACADEMIC REQUIREMENTS

Participants must come to each training ready to learn. It is expected that participants will complete all pre-assigned coursework, participate fully in all classes and lectures, and conclude each weekend intensive by submitting a written exam.

- During the course, you will take quizzes, have home study assignments, and take final teaching exam. The quizzes and homework will be graded as pass/fail (a score of 70% or higher is required to pass). During your practice teaching, you will be critiqued by experienced teachers and be given written feedback.
- Practice teaching will be judged based on the following criteria:
  - Knowledge of asana, pranayama, and yogic practices as learned through training
  - Ability to transition and sequence effectively
  - Ability to make "on the spot" adjustments based on your audience
  - Overall ad confidence leading and cuing

## CODE OF CONDUCT

A yoga code of ethics will be discussed during training. Students are required to follow the rules and policies of the National Exercise Trainers Association and the teacher training program, as well as the Yoga Alliance Code of Conduct (see page 16). Policies include, but are not limited to, the following:

- No sexual harassment
- No substance use or abuse during certification workshops
- No smoking allowed on the premises
- No breach of confidentiality

If behavior is exhibited that conflicts with the code of conduct, the mission statement of NETA, and its philosophy, this behavior may be grounds for termination from the program. Students dismissed from the program may apply and be re-considered for a future teacher-training program. The reason for prior dismissal will be addressed in the personal interview and may be a determining factor for acceptance into the program.

## ATTENDANCE

**100% attendance is required in order to graduate and receive a certificate of completion from NETA.**

In the case of unforeseen emergency absences, please notify the program director immediately. The student is responsible to schedule makeup time. The makeup time must be completed before the next scheduled session. If attendance at additional trainings is required to make up for missed sessions, the student may be responsible for additional registration fees. Absences for medical disabilities or emergencies such as a death in the family are deemed unforeseen emergency absences.

The student is expected to be at each session ten minutes before the start time in order to set up and in order for the training to start at the scheduled time. Class attendance will be taken at the beginning time and attendance records will be maintained throughout the training. If the student is late more than three times, this will result in a deduction of one hour from your total contact hours.

## STUDENT COMPLAINTS

The National Exercise Trainers Association encourages instructors and trainers to feel free to discuss in person or in writing any concerns, complaints, or suggestions that are helpful to the program and the trainee experience. All complaints should be directed to the teacher in charge or to the Program Director, either in writing or in person. If the issue is not resolved to your satisfaction, please submit a written complaint to the Executive Director of NETA. Formal complaints should involve issues relating to school policies and not personal grievances. Personal grievances should be submitted to the Program Director in writing.

Admission Requirements

## CANCELLATION POLICY

In the event that NETA must cancel a live workshop due to inclement weather, low enrollment, or other unforeseen circumstances, registrants will be notified of the cancellation by phone and email (in that order) with as much advanced notice as possible. The registrant will be offered the opportunity to reschedule for a future workshop at no additional charge, or will be entitled to a full refund of the registration fee. Registrants who must travel a great distance and who may incur travel and lodging expenses are advised to call NETA customer service to confirm the status of a workshop prior to making travel arrangements. NETA will not reimburse travel-related expenses incurred due to a cancelled workshop.

## REFUND POLICY (MINNESOTA STUDENTS ONLY)

If your workshop is 40 hours or less and you withdrew from your workshop, your refund will be pro-rated by the number of hours attended and the length of the workshop. To receive a full refund of tuition, fees, and other charges, you must withdraw from your workshop before the scheduled date of the workshop. You will receive written notice acknowledging your withdraw request withing 10 business days after receipt of the notice and you will receive a full refund of any tuition, fees, and other charges withing 30 business days of receipt of your withdrawal. Any mailed notice is effective as of the date of the postmark if sent by mail or the day it has been hand-delivered to NETA. Notice to withdraw may also be given by email to [darci@netafit.org](mailto:darci@netafit.org) or verbally or by voicemail by calling NETA's Director of Education at 763-412-4730.

You may be entitled to a refund of your equipment and supplies costs if you return your equipment and supplies within 10 days of withdrawing if your supplies are in a condition suitable for resale. If you do not return your equipment and supplies or the supplies are not in a condition suitable for resale, this cost will be deducted from your tuition, fee, and other charge refund that you may be eligible for.

## MERCHANDISE RETURNS

Damaged or defective merchandise will be immediately exchanged with the same item within 30 days of receipt.

Returned items must be received within 30 days from the date of shipment. Items received after this date will not be accepted. All returned items must be in the original packing, and be in a marketable condition. All returned items must be sent to the address below. Shipping and handling will not be reimbursed. Customers will be responsible for shipping and handling for exchanges. Please allow 15 days to process your refund or exchange.

### NETA

Attention: Returns Department  
12800 Industrial Park Blvd Ste 220  
Minneapolis, MN 55441

## GROUP DISCOUNTS

Groups of 4 or more registering together, deduct \$10 per person. Limit \$10 per person.

## SPACE LIMITED

Register early, 2-4 weeks ahead of workshop date.

## EARLY BIRD FEES

To qualify for the Early Bird discount on Certification Workshops, your workshop fee must be postmarked, phoned, or faxed at least 30 days prior to the workshop date.

1-day workshops \$199  
2-day workshops \$ 349  
3-day workshop \$449

## ON-SITE REGISTRATION

Add \$10 to Standard Fees. Accepted on space available basis only. Workshops are subject to cancellation. Please call NETA the Thursday before the workshop if you plan to register on-site or if you are traveling long distances.

## PURCHASE ORDERS

Purchase orders accepted from Schools, Hospitals, Y's, Recreation Centers, and Government Agencies. Fax purchase orders to 1-763-545-2524 and we will bill you.

## GRADUATION

***In order to graduate, students must complete all requirements.*** Grading criteria includes practice teaching, attendance, and timely completion of quizzes, homework, and final exam. If the student is not ready to teach yoga, he/she will not graduate from the program until the skills necessary to be a professional yoga teacher are displayed. Each Specialty Certification course exam must be completed with a 70% or higher score

## STUDENT RECORDS

A copy of the graduation certificate will be kept on file with the National Exercise Trainers Association and available to the student at a \$15 replacement fee. All student records are confidential and will not be released without the student's written permission.

## REQUIRED TEXTBOOKS

Textbooks and manuals for required reading (outside of the live workshops) must be purchased and the costs are not included in tuition or fee payments. The suggested reading books may be purchased at the discretion of the student. Some of the subject matter may be discussed in the classroom.

Participants are required to purchase the NETA manual for each training. In addition to the course manuals, NETA suggests the addition of the following reference materials:

- The Key Muscles of Yoga: Scientific Keys Volume 1 by Ray Long
- The Key Poses of Yoga: Scientific Keys Volume 2 by Ray Long
- Relax and Renew by Judith Lasater
- The Yoga Sutras of Patanjali by Swami Satchidananda
- Healing moves: How to Cure, Relieve and Prevent Common Ailments with Exercise by Carol Krucoff
- Anatomy for Yoga DVD by Paul Griley
- Yoga for Pregnancy by Wendy Teasdill
- Disability Fitness by Devon Palermo
- Yoga Kids: Educating the Whole Child Through Yoga by Marsha Wenig
- The Living Gita: The Complete Bhagavad Gita - A Commentary for Modern Readers by Sri Swami Satchidananda and Swami Satchidananda
- Hatha Yoga by Kirk, Boon, DiTuro
- The Yamas and Niyamas by Deborah Adele

### **Required Readings Prior to taking Intermediate and Advanced trainings:**

- Bhakti Flow Yoga: A Training Guide for Practice and Life by Rusty Wells
- Anursura Yoga: Hatha Yoga in the Anusara Style by Doug Keller
- Yoga: The Spirit and Practice of Moving vInto Stillness by Eric Shiffman
- Hands on Adjustments DVD: Techniques for Adjusting Yoga Postures by David Keil

## ITEMS TO BRING TO TRAINING

In addition to books for required reading, please bring your own yoga mat, a yoga strap, a yoga block, water bottle, extra towels, and a change of clothes for yoga practice. The student should have pens, pencils, and a notebook for taking notes or for writing in a personal journal. Bring your own food and extra snacks for break times. Some sessions will be given while seated on the floor, or on your yoga mats.

## CONTINUING EDUCATION WAIVER

Each of the 1- and 2-day specialty certifications is valid for two years from the date of issue. Students that choose to take any of the workshops as stand-alone specialty certifications with no intent to pursue the 200 hour teach designation must renew their specialty certifications every two years to keep them valid. To renew a yoga specialty certification, the certificant must complete ten (10) continuing education credits (CECs) between the date of issue and the designated expiration date. Six (6) of the 10 CECs must be obtained from NETA workshops or NETA home study courses purchased directly from NETA. **However, students that intend to complete the entire 200 Hour Program can complete the Continuing Education Waiver Agreement found in Appendix A and submit the required deposit of \$99. By completing that form, paying the deposit, and showing intent to complete the entire program, continuing education requirements will be waived for all 1- and 2-day yoga specialty certifications.** The \$99 deposit will be credited toward the Advanced Certification for Yoga Teachers workshop registration fee.

The **Advanced Certification for Teachers is the one and only certification for the 200-hour program that will be renewable and have continuing education requirements.** The Advanced Certification for Yoga Teachers is valid for two years from the date of issue. To renew the Advanced Certification for Yoga Teachers, the certificant must complete twenty (20) continuing education credits (CECs) between the date of issue and the designated expiration date. Six (6) of the 20 CECs must be obtained from NETA workshops or NETA home study courses purchased directly from NETA. Recertification exemptions are *not* granted for the Advanced Certification for Yoga Teachers credential.

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# 200-HOUR YOGA ALLIANCE REQUIRED CURRICULUM

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The National Exercise Trainers Association has been designated as a Registered Yoga School with Yoga Alliance at the 200-hour level. A student must successfully complete 5 two-day weekend modules, 1 three-day modules, 5-one day intensives, and the home study/independent study modules to qualify for Yoga Alliance's 200 hour RYT. The following curriculum will be covered in the modules order to comply with Yoga Alliance.

## TRAINING AND TECHNIQUES (100 HOURS; 75 CONTACT HOURS)

You will learn the techniques and the proper alignment to teach asana, pranayama, meditation and other yoga techniques. Under the guidance of experienced teachers you will learn how to teach and you will practice teaching the techniques. You will also practice the sequences you are learning to teach.

### TEACHING METHODOLOGY:

(25 hours; 15 contact hours) As well as learning basic yoga techniques, you will learn and practice teaching assists and correcting, the observation skills of a yoga teacher and how to demonstrate to the students the techniques you are teaching. You will also learn the business and marketing of the business aspect of yoga.

### ANATOMY AND PHYSIOLOGY:

(20 hours; 10 contact hours) In the classroom environment, you will learn about the anatomy and physiology of the human body, including the bones, joints, muscles, and bodily systems. You will learn the application of this knowledge to teach yoga asana. You will also learn the anatomy of the subtle body.



### YOGA PHILOSOPHY, LIFESTYLES, ETHICS:

(30 hours; 20 contact hours) You will learn the history of yoga and you will study the eight fold path of yoga known as Ashtanga as taught by Patanjali. You will study and practice the lifestyle of the yogi and basic Sanskrit. You will learn the basics of a meditation practice and ethics of a yoga teacher.

### PRACTICUM:

(10 hours; 5 contact hours) Under the observation of accomplished yoga teachers, you will be evaluated and given feedback on your delivery of basic yoga techniques.

### ELECTIVES:

(15 hours) These hours will be divided among the above categories and will involve research, practice, study and assignments.

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# YOGA ALLIANCE CODE OF CONDUCT

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The code of conduct is a declaration of acceptable ethical and professional behavior by which all registrants agree to conduct the teaching and business of yoga. It is not intended to supersede the ethics of any school or tradition but is intended to be a basis for yoga principles. As a Yoga Alliance RYT, E-RYT or representative of a RYS, I agree to uphold the following ethical principles:

- Conduct myself in a professional and conscientious manner.
- Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment or direction.
- Create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Encourage diversity by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion or sexual orientation.
- Respect the rights, dignity and privacy of all students.
- Avoid words and actions that constitute sexual harassment.
- Adhere to the traditional yoga principles as written in the Yamas and Niyamas.
- Follow all local government and national laws that pertain to my yoga teaching and business.



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## MINNESOTA OFFICE OF HIGHER EDUCATION

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NETA's RYS® Fitness Yoga Teacher Training is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 136A.821 to 136A.832. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

Minnesota Office of Higher Education  
1450 Energy Park Dr #350  
St Paul, MN 55108

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# APPENDIX A

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## Continuing Education Waiver Agreement Candidate Information

Name: \_\_\_\_\_ NETA Customer ID: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

### 200-Hour Yoga Program Summary

NETA is a Registered Yoga School (RYS) with Yoga Alliance, which designates NETA’s teacher training program as one that follows Yoga Alliance’s standards. Students who complete NETA’s 200-Hour Yoga Teacher Training Program are eligible to register with Yoga Alliance as a Registered Yoga Teacher (RYT). NETA’s Yoga Teacher Training is a weekend modular program, which includes five 2-day certification workshops (100 hours total), five 1-day workshops (50 hours total), a culminating 3-day Advanced Certification for Yoga Teachers (30 hours), and independent home study (20 hours). The box below lists the 1- and 2-day specialty certification workshops.

Yoga Specialty Certification Workshops	
<b>Two-Days</b>	<b>One-Day</b>
<input type="checkbox"/> Yoga Foundations *	<input type="checkbox"/> Kids Yoga
<input type="checkbox"/> Yoga Fitness	<input type="checkbox"/> Prenatal Yoga
<input type="checkbox"/> Yoga Strong	<input type="checkbox"/> Restorative Yoga
<input type="checkbox"/> Senior Yoga	<input type="checkbox"/> Becoming a Yoga Professional
<input type="checkbox"/> Intermediate	<input type="checkbox"/> Yoga for Special Populations

\* Must be completed first

The modular structure of NETA’s Yoga Teacher Trainer Program allows students to complete the requisite certification workshops at their own pace and at multiple locations. Students may complete each of the 2-day and 1-day courses as stand-alone continuing education workshops and specialty certifications, or as a component of the full curriculum leading to the 200-Hour Registered Yoga Teacher designation.

Each of the 1- and 2-day specialty certifications is valid for two years from the date of issue. Students that choose to take any of the workshops as stand-alone specialty certifications with no intent to pursue the 200 hour teach designation must renew their specialty certifications every two years to keep them valid. To renew a yoga specialty certification, the certificant must complete ten (10) continuing education credits (CECs) between the date of issue and the designated expiration date. Six (6) of the 10 CECs must be obtained from NETA workshops or NETA home

study courses purchased directly from NETA. **However, students that intend to complete the entire 200 Hour Program can complete the Continuing Education Waiver Agreement and submit the required deposit of \$99. By completing this form, paying the deposit, and showing intent to complete the entire program, continuing education requirements will be waived for all 1- and 2-day yoga specialty certifications.** The \$99 deposit will be credited toward the Advanced Certification for Yoga Teachers workshop registration fee.

The 3-day Advanced Certification for Yoga Teachers is an in-person workshop offered only at NETA Fit Fest events. As a culminating experience, candidates may only attend the Advanced Yoga Certification workshop following completion of all five 2-day and all five 1-day workshops, no exceptions.

The **Advanced Certification for Teachers is the one and only certification for the 200-hour program that will be renewable and have continuing education requirements.** The Advanced Certification for Yoga Teachers is valid for two years from the date of issue. To renew the Advanced Certification for Yoga Teachers, the certificant must complete twenty (20) continuing education credits (CECs) between the date of issue and the designated expiration date. Six (6) of the 20 CECs must be obtained from NETA workshops or NETA home study courses purchased directly from NETA. Recertification exemptions are *not* granted for the Advanced Certification for Yoga Teachers credential.

For more information regarding NETA's 200-Hour Yoga Teacher Training Program, please visit NETA's website at <http://www.netafit.org/certifications/specialties/yoga-teacher-training.php>

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*I \_\_\_\_\_, submit this agreement with a deposit in the amount of \$99.00 with the intention of completing NETA's 200-Hour Yoga Teacher Training Program. I understand that the \$99.00 deposit will be credited toward the registration fee for the Advanced Certification for Yoga Teachers 3-day workshop. I understand that NETA's live workshops may be subject to cancellation due to low enrollment, inclement weather, or other unforeseeable circumstances. I have read and understand the NETA Yoga School Handbook, and I agree to the terms and conditions of this application.*

Candidate Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Method of Payment:** Total Amount Enclosed: **\$99.00**

- Check # \_\_\_\_\_
- Money Order
- Credit Card      Credit Card Type: Visa / MasterCard / Discover / American Express

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVC# \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

**Mail To:**

NETA – Attn: Director of Education  
12800 Industrial Park Boulevard, Suite 220  
Minneapolis, MN 55441

**OR**

**Fax To: 1-763-545-2524**